



## **STARTING A SOBER DORM: YEAR ONE CHALLENGES, SUCCESSES AND LESSONS LEARNED**

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### **ABSTRACT**

This presentation is an examination of the pilot year of the Healthy Lifestyles Living Learning Community (HL LLC) substance-free housing option for incoming first year students sponsored by The Center for Students in Recovery at The University of Texas at Austin. Presenters will contextualize the history and unfulfilled need for recovery and sober student housing on the UT Austin campus, and will explore the development and implementation of a sober dorm from inception through the end of year one. Attendees will hear a candid assessment of expectations versus realities across multiple domains, including: the application process; selection of an initial cohort; the design and implementation of programming; the challenges of group cohesion and resident assistant empowerment; budget constraints; overall lessons learned; and considerations moving into year two.

## **WHERE DO WE COME FROM, WHERE ARE WE NOW, AND WHERE ARE WE GOING? THE EVOLUTION OF COLLEGIATE RECOVERY SCIENCE**

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### **ABSTRACT**

Attendees will be provided with a brief history/timeline of collegiate recovery as a field, through the lens of research (with a focus on the explosive growth in knowledge in the last decade). This initial presentation will be followed by a synopsis of the current state of collegiate recovery science, focusing on recent studies in the field (CRP alumni survey; meta-reviews; and any large impact studies published in the last year up to month of the conference). The session will end with a presentation on the directions for the future, making clear calls that not only does the research need to continue and in what suggested ways, but also serving to inspire students to engage in the process as they are our best hope to continue the work in innovative ways we haven't thought of. The current landscape of collegiate recovery research and recovery science overall. Additionally, attendees will be able to describe future directions for this type of inquiry.

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